

Sunflowers for Opac

Look at this field of sunflowers. How beautiful it is!

Sunflowers grow all over the world. These sunflowers are growing in Opac, in Northern Uganda. Sunflowers have large flowers with many seeds. Birds love to eat the seeds. So do people. People eat the seeds when they are really hungry and then they have nothing to plant. When the seeds are planted and harvested, then the people of Opac press them to get sunflower oil from them. People in Opac and in much of Africa use sunflower oil for cooking.



A field of sunflowers in Opac

Sunflower buds follow the sun as it moves across the sky. The young flowers turn on their stalks to face the sun. As the sunflowers get larger, the flowers grow too heavy for the stalks to hold them if they follow the sun, so they all face east toward the morning sun. The morning sun is not as strong as the afternoon sun so the tender seeds are kept safe from the heat of the hot afternoon sun.



A young sunflower able to follow the sun



An older sunflower facing east

Have you seen sunflowers growing? Have you grown sunflowers in your garden? Have you eaten sunflower seeds? Have you ever been really hungry? Hungry enough to eat the seeds instead of planting them?

Dear God,

We thank you for flowers and plants. We thank you for their beauty and how they make us happy to look at them. We thank you for the food they give us to eat. Amen.

The flowers appear on the earth;
the time of singing has come,
and the voice of the turtle-dove
is heard in our land. *Song of Songs 2:12*